

Past Perfect Continuous – Complete Lesson

1. Usage

Past Perfect Continuous is used to show that an action was continuing for a period of time before another action in the past.

- 1 I had been working for 2 hours before he arrived.
- 2 She had been studying all day before the exam.
- 3 They had been waiting for a long time before the bus came.
- 4 He had been driving for hours before he stopped.
- 5 We had been talking before the meeting started.
- 6 I had been reading before you called.
- 7 She had been cooking before the guests arrived.
- 8 They had been building the house for months.
- 9 He had been feeling tired before he went home.
- 10 We had been practicing before the match.

2. Structure

Subject + had been + verb + -ing

- 1 I had been working
- 2 You had been studying
- 3 They had been playing
- 4 He had been working
- 5 She had been reading
- 6 It had been raining

3. Negative Sentences

Subject + had not been + verb + -ing

- 1 I had not been working.
- 2 She had not been sleeping.
- 3 They had not been watching TV.
- 4 He had not been studying.
- 5 We had not been listening.
- 6 I hadn't been reading.
- 7 She hadn't been calling.
- 8 They hadn't been trying.
- 9 He hadn't been coming.
- 10 We hadn't been practicing.

4. Questions

Had + subject + been + verb + -ing?

- 1 Had you been working?
- 2 Had she been reading?
- 3 Had they been waiting?
- 4 Had he been studying?
- 5 Had you been traveling?

- 6 Had you been listening?
- 7 Had she been calling?
- 8 Had they been trying?
- 9 Had he been coming?
- 10 Had you been practicing?

5. Common Time Expressions

- 1 for
- 2 since
- 3 before
- 4 until
- 5 by the time
- 6 for a long time

6. More Examples

- 1 I had been working all day before I rested.
- 2 She had been improving her English before she moved.
- 3 They had been living there for years before they left.
- 4 He had been feeling sick before he went to the doctor.
- 5 We had been trying to solve the problem before we found the answer.
- 6 I had been waiting for hours before the train arrived.
- 7 She had been preparing for the exam for weeks.
- 8 They had been discussing the issue before they made a decision.
- 9 He had been working late before he quit.
- 10 We had been building the project for months.

7. Practice

- 1 I ____ (work) for 2 hours before he arrived.
- 2 She ____ (study) all day before the exam.
- 3 They ____ (wait) for a long time before the bus came.
- 4 He ____ (drive) for hours before he stopped.
- 5 We ____ (talk) before the meeting started.
- 6 I ____ (read) before you called.
- 7 She ____ (cook) before the guests arrived.
- 8 They ____ (build) the house for months.
- 9 He ____ (feel) tired before he went home.
- 10 We ____ (practice) before the match.